

Young Gardeners' First Harvest at Valley Community Center



The first fruits of their labors looked and tasted mighty sweet to the students at The Club Afterschool Program at Visitacion Valley Community Center as they began their first harvest season. Assisted by teachers Gordon and Marina, they have been carefully tending their garden; protecting it from weeds, dogs and cats, and sticky-fingered passers-by. Ask them, "Was it worth all the work?" We think you'd hear them say, No doubt!"

More Than Ten Percent of Americans Recently Fell Victim to Fraud

The Federal Trade Commission recently released a statistical survey of fraud in the United States that shows that nearly 25 million adults—11.2 percent of the adult population—were victims of fraud during the year studied. Certain racial and ethnic minorities were much more likely to be victims of fraud than non-Hispanic whites. American Indians and Alaska Natives were the ethnic group most likely to be victims; nearly 34 percent had experienced one or more frauds in the preceding year. Seventeen percent of African Americans were victims; over 14 percent of Hispanics were victims; and over 6 percent of Non-Hispanic whites were victims.

"We found that American Indians and Alaska Natives, African Americans, and Hispanics are more likely to be victims of fraud than non-Hispanic whites," said Howard Beales, Director of the FTC Bureau of Consumer Protection. "These findings will help us fine-tune our Hispanic Law Enforcement and Outreach Initiative, and explore additional opportunities to target frauds aimed at communities which are at risk."

The survey of 2,500 randomly chosen consumers shows that consumers with high levels of debt were more likely to be victims of fraud. Three of the top four categories of fraud related to credit, including credit-repair scams often targeted at those carrying high debt loads or having bad credit.

The most frequently reported type of consumer fraud was advance-fee loan scams, in which consumers pay a fee for a "guaranteed" loan or credit card. Four and a half million consumers—2.1 percent of the U.S. adult population—paid advance fees but did not receive the promised loan or card. In fact, some consumers reported that more than once during the last year they paid fees to get loans or credit cards they did not get.

Buyers' club memberships or bills for unneeded publications was the second most commonly reported fraud category in the survey. Some four million consumers—1.9 percent of the U.S. adult population—were unwittingly billed for memberships they did not authorize or publica-

tions they did not order.

Credit card insurance scams and credit repair were the third and fourth most common frauds identified in the survey. While federal law limits consumers' credit card fraud liability to \$50, fraudsters sell credit card insurance by falsely claiming that card holders face significant financial risk if their credit cards are misused. An estimated 3.3 million consumers bought unnecessary insurance against the unauthorized use of their credit cards.

Some fraudsters convince con-

sumers that they can help them remove truthful, negative information from their credit report, or establish a new credit record. They can't, and credit repair schemes are illegal, but two million consumers paid for "credit repair" services the year prior to the survey.

"The results of our survey indicate that fraud in the U.S. is a serious problem," said Beales. "We have brought many enforcement actions against these types of scams in the past, and we will bring more in the future."

See Page 8

Second Month of Falling Gas Prices in Northern California

California drivers saw their gasoline prices decline for the second month in a row. According to a new report by AAA of Northern California, which tracks gas prices as a service to consumers, the average price for a gallon of regular unleaded gasoline in California has dropped to \$2.09 per gallon. That price represents a decrease of 14 cents per gallon since the last AAA gas price survey on July 13. Although retail prices are declining, the current statewide price is still 20 cents higher now than it was a year ago.

"This is welcome relief for consumers, but there are still some troubling market forces at work right now," said Sean Comey, spokesman for AAA of Northern California. "Extremely

Recycling Could Mean Big Money For California Bars And Restaurants

New research released by the California Department of Conservation shows that more than 4.5 million glass bottles wind up in landfills each day.

If recycled, these bottles could mean more than \$70 million a year in California Refund Value. In particular, local eating and drinking establishments could benefit from recycling, since nearly half of the CRV glass bottles sold in the state are sold in bars and restaurants. See Page 5

high crude oil prices are looming on the horizon. If they stay at or near record high levels, the cost of that commodity could reverse the current downward trend at the pump."

Rising crude oil prices typically result in higher retail gasoline prices. Despite the high oil prices, consumers have recently seen a drop in prices at the pump. One reason behind the decline in retail prices has been a significant decrease in profit margins at California refineries, according to the California Energy Commission. Industry analysts at the University of California, Berkeley say the large potential profit of selling gas in California drew more out of state refiners to supply the market here.

It now appears unlikely that gas prices will fall significantly from their current levels because crude oil now costs twice as much as it did at the beginning of 2002, before the war in Iraq. Crude oil now accounts for nearly half the cost of a gallon of gas.

The lowest price among Northern California cities tracked by AAA is in Marysville, where gas costs an average of \$1.98 per gallon. The most average gas price in California is in Eureka, where the regular unleaded costs \$2.35 per gallon. Throughout Northern California, the average price is \$2.09. In the Bay Area, the average price is \$2.10.

The nationwide average price is now \$1.86, which is 23 cents less

Housing Bond on November Ballot

Homelessness and Housing affordability continues to be the number one concern facing San Franciscans, according to the most recent Bay Area Council report. Luckily, a comprehensive solution is on the way.

After months of analysis and coalition-building, Mayor Newsom and the Supervisors agreed on a \$200 million Supportive and Affordable Housing Bond which needs a two thirds vote of the electorate on the Nov. 2 ballot to pass. The Bond passed the Supervisors 10-1, and was signed by the Mayor on July 22.

"San Francisco continues to face one of the worst affordable housing crisis in the country," said Mayor Newsom as he pledged his support for the Bond. "That's why we drafted a comprehensive bond that addresses the full spectrum of housing needs this city faces."

"While the federal government is ruthlessly cutting affordable housing funds, we have an opportunity right here in San Francisco to assist

our own people," said President of the Board of Supervisors Matt Gonzalez.

The largest part of the Housing Bond, \$90 million, will house the homeless—a top priority of the Mayor's, helping fulfill the mission of *Care Not Cash*. An additional \$60 million will house low-income families and individuals who make between \$0 and \$57,000 for a family of four—many of whom currently live in over-crowded conditions or are forced to leave the city without the availability of housing they can afford.

The final \$50 million of the Bond will be split between down-payment assistance and new affordable home-ownership production.

"Having affordable housing has helped me get off the street, and get my life on track," said Ana Gutierrez, a resident of a SoMa affordable housing development.

"I only hope that many more San Franciscans will have such an opportunity to become productive members of society."

Bayview to Get First Farmers Market

Fresh and healthy food will soon be easily available in the Bayview Hunters Point. The California Attorney General's Office approved a grant to San Francisco's Environment Department in the amount of \$150,000 to fund the creation of a farmers market, the first of its kind in the neighborhood.

Scheduled to open in April 2005 at a convenient 3rd Street location, the market, known as the Bayview Hunters Point Farmers Market Collaborative, is a joint project of SF Environment and local organizations Literacy for Environmental Justice and Girls 2000.

In a neighborhood where convenience stores that sell liquor dominate the street corners and the closest major supermarket is not easily accessible, less than 5 percent of the food sold in the Bayview community is fresh produce. Most of the available food is pre-packaged, and many residents rely on fast food restaurants. Historically, the food found at corner stores is expensive and poor in quality.

"Every human being is entitled to a healthy diet," said SF Environment director Jared Blumenfeld. "The farmers market will give Bayview residents easy access to the freshest food available, and is a step towards correcting the historical inequity in that neighborhood, where there are more environmental negatives and fewer amenities than in other parts of The City."

The Bayview Hunters Point Farmers Market Collaborative will operate seasonally on a weekly basis and will offer community cooking demonstration and nutrition education in addition to featuring fresh produce and healthy take-out food prepared by vendors in the neighborhood.

Bayview Hunters Point residents spend an estimated \$40 million annually on food, but most of this money is spent outside the community. By providing economic advantages to neighborhood businesses, the Farmers Market Collaborative will be able to help keep food dollars within the community, adding an element of economic sustainability to the program.

The funds granted to SF Environment for the project resulted from an anti-trust complaint against Salton Incorporated by California and other states. Salton, which makes the George Foreman Contact Grill, agreed to pay \$7.2 million to settle compensatory claims. California received nearly \$900,000

End of the Line on Bayshore Boulevard



At the county line, workers put finishing touches on a new track wye at the end of the line for the light Rail on Bayshore Boulevard, south of Sunnydale Avenue.

Construction along Bayshore Boulevard is mostly complete in Segment F of the Third Street Light Rail Project (Hester Avenue to Sunnydale Avenue) with the exception of some station platform finishing work, traffic signalization and minor landscaping work scheduled to be completed in September. Station platform and platform finishing work will be completed under the Segment J contract, involving finishing work of 28 platforms for 18 stations of the new line.

Grapevine Mailbox

Help Needed to Fund Valley Branch Library

To enhance the City's bond program, the Library has applied for State Proposition 14 funds for five branch library projects, including our new Visitacion Valley branch to be built on the Super Fair Market site.

Please contact the State Board members and your state legislators and urge them to support the application for our branch (#3061 for \$5.6 million). Tell them why we need a new branch, how your family will use the new library, that the library is vital to the revitalization of the community, how important the new library is to children and local schools, and that San Francisco deserves its share of state funding! They will make their decision soon – so act now.

For more information, contact Mindy Linetzky at 415/557-4354 or mlinetzky@sfppl.org.

California Public Library

Construction & Renovation Board

*State Librarian Susan Hildreth, 914 Capitol Mall, Room 220, Sacramento, CA 95814

shildreth@library.ca.gov

*State Treasurer Philip Angelides, 915 Capitol Mall, Room 110, Sacramento, CA 95814

sweber@treasurer.ca.gov

*Assemblywoman Ellen Corbett, State Capitol, Room 4126, Sacramento, CA 95814

assemblymember.corbett@asm.ca.gov

*Senator Dede Alpert, State Capitol, Room 5050, Sacramento, CA 95814

senator.alpert@sen.ca.gov

*Finance Director Donna Arduin, State Capitol, Room 1145, Sacramento, CA 95814

sheena.knight@dof.ca.gov

*Bartoni "Bart" Pachino, Esq., 10990 Wilshire Blvd., 7th Floor, Los Angeles, CA 90024

bpachino@kbhome.com

Granting Asylum from Domestic Violence

To the Editor:

Compassionate Americans are taking action this month to urge Attorney General John Ashcroft to grant asylum to Rodi Adali Alvarado Peña, and to preserve asylum for women and girls who come to this country to escape domestic violence, sexual slavery, honor killings, and other gender-based violence.

Rodi Alvarado's case is particularly compelling. Over the course of her marriage, the Guatemala native's husband turned their home into a virtual torture chamber. He beat and raped her, whipped and kicked her until she lost consciousness, threatened her with machetes and guns, and attempted to abort their second child by kicking her until she hemorrhaged. Because her repeated pleas to police and courts in Guatemala were rebuffed, Alvarado concluded that the only way to survive was to flee her country and seek refuge far away from her husband.

Alvarado came to the United States in 1995 and was granted asylum in 1996 and has settled in the Bay Area. But, in the years since she was granted asylum, immigration courts have made conflicting rulings that left her in limbo. Former Attorney General Janet Reno acted on Alvarado's behalf,

but Attorney General Ashcroft took her case under advisement and has yet to rule.

There is simply no good reason to delay. In February, the U.S. Department of Homeland Security announced its support for Ms. Rodi Alvarado's claim to asylum. Still, the Attorney General has not ruled.

Groups as diverse as Amnesty

What We are Doing About Violence

by Mayor Gavin Newsom

Among the many issues I have been confronted with since becoming Mayor, violence has been as disturbing as it has been real.

In neighborhoods in this city, backboards on basketball courts are riddled with bullet holes, slides in playgrounds are literally ripped up, and kids cannot venture outside their front door to hang from monkey bars in their local playgrounds. The violence is real – this past March, as I was shooting hoops with neighborhood kids, a homicide occurred a few blocks away.

As Mayor, I am deeply and firmly committed to doing everything within my power to combat this problem.

I am working closely with my Office of Criminal Justice and the San Francisco Police Department to proactively address violence. We now have more police officers patrolling our public housing on foot, to provide on-site assistance and to better know the residents. The gang task force unit has been increased by 10 members to a total of 26 officers.

Improved interagency cooperation has also been an important part of our efforts to reduce the violence. One such high-profile and to date highly effective example of this increased cooperation is *Operation Impact*, a California Highway Patrol effort to patrol San Francisco/Es high violence districts. Another example of successful inter-agency cooperation was the recent arrest of a double-homicide suspect. Working closely with the U.S. Marshal's Office, the District Attorney, and the San Mateo Police Department SFPD made the successful arrest of this suspect, wanted on charges of double-homicide since January.

To protect and ensure that witnesses will come forward, the Office of Criminal Justice has secured \$100,000 for witness relocation and increased the award money by \$120,000 for information leading to the prosecution and conviction of suspects involved in homicides. Additionally, in my budget, there is funding for four new forensics and ballistics analysts at the Crime Lab.

I have advocated for the Police Department to take their crime fighting into the 21st century. Our officers are now trained to use *Crime*

International-USA and the conservative Concerned Women for America are urging him to grant Rodi Alvarado asylum. Your readers should, too. Rodi Alvarado has suffered enough. She deserves a chance at a safe and secure future. Esté Soler, President, Family Violence Prevention Fund, San Francisco

Mapping as a tool to track crime and find trends and coordinate their proactive enforcement efforts. Residents of San Francisco can also access this program. Log onto www.sfgov.org/police and click onto the links.

By getting new police department personnel, using the latest technology, and continuing to work on a cooperative, regional level to combat crime and making arrests, we are on our way to making San Francisco a safer place for all of us.

Composting and Organic Gardening in September

*Urban Composting: Saturday, Sept. 4, 10 a.m. - 12 noon. Turn your kitchen scraps into a rich soil amendment for your plants. Come to the Garden for the Environment and learn how to turn that garbage into garden gold. Garden for the Environment, 7th Avenue. at Lawton Street. Free!

*Urban Composting in Spanish and English: Saturday, Sept. 4, 10 a.m. - 12 noon. Learn to make rich compost in your own apartment or backyard. Come to a Mission community garden and master the art of Basic Composting and vermicomposting (using worms). Workshop offered in Spanish and English. Potrero Del Sol Community Garden, Potrero Avenue at Cesar Chavez Street. Free!

*Gardening and Composting Educator Training Program begins Saturday, Sept. 11. This three-month training and outreach program starting explores ecological gardening, composting, and community outreach techniques, and creates a vital ongoing volunteer group for supporting home, school and community gardening. Classes meet on Saturdays from 10 a.m. to 4 p.m. in addition to seven Wednesday evenings.

*Biennials with Anya: Saturday Sept. 18. Join the GFE and plant expert and rose-lover Anya Malka-Halevi and discover the magic of biennials – plants that flower in their second year after planting. Study and plant a variety of favorite biennials as well as discuss medicinal, medical, and general linnean plant classification. Garden for the Environment, 7th Ave. at Lawton St. 10 a.m. - 12 noon. \$15, pre-registration required. Please call 731-5627 to pre-register or for more information.

Turning Youth Away from Drugs

by CA Attorney General Bill Lockyer

Parents want to believe that their children do not use drugs. While the majority of young people do not abuse alcohol or other drugs, sadly, significant numbers are experimenting with these harmful and potentially deadly substances. Without intense monitoring and guidance, any child today is at risk of becoming ensnared in the web of drug abuse.

In our most recent California Student Survey, for school year 2001-2002, 47 percent of 11th graders reported having tried an illicit drug. Equally troubling, substance abuse often starts with very young students. Nearly one third (29 percent) of 7th graders and one half of 9th graders in California reported drinking alcohol in the past six months. Two thirds (62.5 percent) of California's 11th graders reported drinking alcohol in the past six months.

Research shows that parents are a powerful influence in preventing youth from using drugs, according to the Office of National Drug Control Policy. The following steps will assist parents in turning their children away from alcohol and drugs:

First, acknowledge that there is a problem: whether or not your kids are using drugs, the potential for danger is there.

Next, learn about drugs, their signs and symptoms, and why kids use them. Signs of marijuana use, for example, include dilated pupils, aggressive behavior, confusion, restlessness, elevated heart rate and high blood pressure. Marijuana, as well as alcohol and tobacco, are often referred to as "gateway drugs" because young people who use them are far more likely to become involved in heavy drug use and addiction.

Behavioral and emotional changes caused by drug abuse

include being more secretive or hostile toward parents, changing friends, refusal to discuss activities, loss of energy and motivation, changing sleep patterns, trouble with school or police, loss of interest in family activities and hostility about discussing drug use.

The most significant reasons that kids use drugs, according to the National Center on Addiction and Substance Abuse at Columbia University, are high stress, boredom and too much spending money. Other reasons include curiosity, risk-taking and rebellion, peer influence and a desire to fit in.

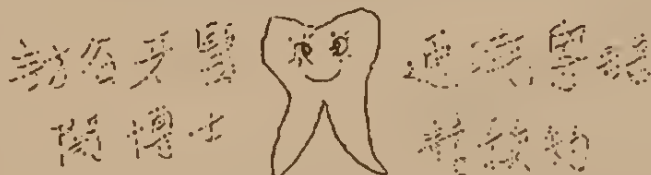
Once parents learn about drugs and why children use them, parents must act on this information. Parents should set a good example and refuse to abuse alcohol, tobacco and other substances. They should build strong bonds with their children, and set clear rules of conduct regarding drug and alcohol abuse. Parents need to take an active role in their children's lives, including talking with them about drugs, monitoring their activities, getting to know their friends, understanding their problems and personal concerns and providing constructive activities.

My office recently produced *Drugs and Youth: Meeting the Challenge*, a video/DVD, to give parents and educators tools to help prevent drug abuse in the lives of young people. Free copies of this video/DVD are being provided to all California law enforcement agencies and middle and high schools. To learn more about substance abuse, visit www.stopdrugs.org.

As parents, you have the best opportunity to influence your children to turn away from drug and alcohol abuse.

VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Closed on Thursday

Phone 239-5500
for an appointment

Cantonese Spoken

Visitacion Valley Community Center Senior Program

Funded by S.F. Department of Aging & Adult Services

Open 365 Days a Year
Lunch Served Every Day

Senior Bingo - Holiday Crafts
Senior Council - Day Outings
Exercise - Gambling Trips
Ceramics - Potlucks
Mahjong - Blood Pressure
Birthday Parties
Holiday Celebrations

66 Raymond Avenue 467-4499

GRAPEVINE VISITACION VALLEY

Published monthly by Visitacion Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134, (415) 467-9300; Fax: 467-3757; visvalley@earthlink.net Web: <http://home.earthlink.net/~visvalley>

Editor: Len Appiano

Accounts: Florence Pewtherer Visitacion Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of Visitacion Valley Community Center.

Executive Director: Julia A. Kavanagh Opinions expressed in the Grapevine are not necessarily those of VVCC.

Copyright 2004 VVCC. All rights reserved.

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week



If your house turns into the clubhouse when football season starts, then your microwave is going to be an important part of the team. Today's microwaves with Inverter technology from Panasonic score big for making great quick snacks and dips for the armchair quarterbacks, but let's check out all the other ways our microwaves save us time and money:

*A traditional game-time favorite has to be hot buttered popcorn. Melt butter quickly by placing hard butter in a microwave-safe bowl and microwave on Medium for 40 to 50 seconds, until melted, then mix with the popcorn. To add a little zip, sprinkle some garlic powder or crushed red pepper into the butter after melting.

*Get more juice for your fruit punches (and more for your money) by extracting all the juice from your oranges and lemons. Heat them in the microwave on High for 30 seconds or until warm, then roll them with your hand on a flat surface, cut in half, and squeeze out the juice.

*Guacamole is a treat for game-day tailgating, but if your avocados aren't quite ripe, place each whole avocado

Five Myths and Facts About Drug Imports

Drug importation is often seen as a possible solution to increase access to medicine. However, many people don't know that importing medicine has some significant safety tradeoffs that may outweigh the benefits.

Myth: Drugs coming through Canada are just as safe as U.S. medicine.

Fact: Many medications purchased through Canada are not from Canada. They come from less reliable places. The Canadian government has explicitly stated that it does not inspect prescription drugs passing through Canada on their way to the United States. That means that dealers getting drugs from unapproved, unregulated and unsafe sources can easily use Canada as a pass-through for counterfeit medicines.

Myth: Importing drugs can save money.

Fact: It is true that some prescription drugs can be found at less cost from foreign sources, but they can have a much higher cost to your health. What is not widely appreciated is that these prescription drugs circumvent inspection, safe handling, labeling and other U.S. safety requirements.

Myth: It's the same medicine, no matter where it comes from.

Fact: Often it is not the same medicine. It can be an imitation manufactured under far less rigorous conditions than here in the United States, so the medicine may not have the consistency of purity or strength you rely on as a patient.

Myth: Congress wouldn't allow it if it weren't safe.

Fact: It has become politically popular over the past several years to propose prescription drug importation as a quick-fix solution for the rising cost of health care. Increasing access to all health care resources is an important goal, but the debate over prescription drug importation is permeated by myths that cloud the major safety challenges that importation would cause.

Myth: There's nothing I can do about importation of counterfeit drugs anyway.

Fact: First, for peace of mind, you should always get your prescriptions filled at a U.S. state-licensed pharmacy. If you determine or suspect any drugs of being fake, you should alert your doctor or pharmacist, who can call the Food and Drug Administration Medwatch program at 1-800-FDA-1088.

NAPS

in the microwave and heat on High for 1 minute, or until slightly soft. Let cool, then peel and use to make yummy fresh guacamole.

I've come up with easy, tasty half-time dips that will have your whole team shouting... "Ooh it's so Good!!"

Onion Cheese Dip

(About 2-1/2 cups) "This quick-to-fix appetizer saves the day when company's coming at the last minute and we want to make 'em feel special. Let them think you fussed - only you will know the simple truth!"

1 medium-sized sweet onion, finely chopped; 1 cup mayonnaise; 1 cup (4 ounces) shredded Swiss cheese (see Options); 2 tablespoons chopped fresh parsley.

1. Coat a microwave-safe medium-sized bowl with nonstick cooking spray. Add the onion, and microwave at 80 percent power for 3 minutes; stir then cook for 2 more minutes, or until the onion is tender. Add the remaining ingredients; mix well.

2. Cover, and microwave at 50 percent power for 3 minutes, or until bubbly and the cheese is melted. Serve immediately.

Unlimited Options: This recipe is so versatile that you can use almost any shredded cheese in here, from Cheddar and Monterey Jack to mozzarella. Be sure to serve this with plenty of corn chips for dipping.

Speedy Nachos

(4 to 6 servings) "Turn your next party into a real fiesta with these colorful starters. They're just as crispy and crunchy as if we'd baked 'em in the oven. Yup, thanks to Inverter microwave technology, we can have that same great taste and texture in a fraction of the time!"

1 can (9 ounces) bean dip; 1 can (4 ounces) chopped green chilies, undrained;

1 package (125 ounces) tortilla chips; 1-1/2 cups (6 ounces) shredded; Cheddar cheese, divided.

1. In a small bowl, combine the bean dip and chopped green chilies; mix well. Place half of the package of tortilla chips on a microwave-safe plate. Spoon half of the bean mixture evenly over the chips and top with half of the shredded cheese.

2. Microwave at 70 percent power for 1-1/2 to 2 minutes, or until the cheese is melted. Repeat with the remaining chips, dip, and cheese. Serve immediately.

Finishing Touch: Serve these up with sour cream, salsa, guacamole, and

any of your other favorite go-alongs!

Game-Day Dip

(About 1-1/2 cups) "Looking for a cheesy, gooey dip that's great for game day? Serve this and you'll have a bunch of new fans cheering for you!"

1/2 pound pasteurized prepared cheese product (like Velveeta), cut

into 1/2-inch cubes; 1/2 cup thick-and-chunky salsa; 1/4 cup beer.

1. In a microwave-safe medium-sized bowl, combine all the ingredients; mix well.

2. Microwave at 70 percent power for 2 minutes; stir then microwave for 1 to 2 more minutes, or until

VISITACION VALLEY GRAPEVINE - SEPTEMBER 2004 - 3

smooth and the cheese is melted. Serve immediately.

Tips: Top with sliced jalapeño peppers and serve with tortilla chips. Remember, this can be as spicy or mild as you like, depending on the salsa you use.

ATTENTION: VISITACION VALLEY SENIORS

JOHN W KING SENIOR CENTER

500 Raymond Avenue

will again be a distribution site for the
SUPPLEMENTAL FOOD PROGRAM
(formerly known as EOC Food Box Program)

You must be at least 60 years old and meet financial requirements. Registration will take place September 2 from 2:00 to 4:45 P.M. You must register in person to participate. Call the Center at (415) 239-6233 for more information.

注 意:

訪谷區耆英長者

金約翰耆英中心

Raymond 街 500 號

將會再次成為“ 補助食物計劃” 派發中心

(前身是 EOC 食物盒計劃)

凡參加者必須滿 60 歲和符合入息資格要求。申請人請在 9 月 2 日下午 2 時至下午 4 時 45 分親身前來辦理申請手續。查詢詳情請電 (415) 239-6233 與本中心聯絡。



2177 Bayshore Blvd.
at the corner of Blanken

(415) 330-0736
Fax (415) 330-9813

Open from
10 a.m. to 8 p.m.
Tuesday-Saturday

"Convection cooking separates the fire from the meat creating the true flavor of our smoky meats which can't be found anywhere else in San Francisco."

For a Unique Culinary Experience,
Try One of Our Delectable Bargain
"Light Rail Construction" Specials
Posted Daily on the Front Window.
You'll Want to Come Back for More!

- *BBQ
- *Sandwiches
- *Seafood
- *Appetizers
- *Party Platters
- *Desserts



Book Reviews

A Closer Look at a Controversial Film

No matter what their beliefs or religious background, few people could ignore the controversy, divisiveness or box-office power of Mel Gibson's recent film, *The Passion of the Christ*. Many applauded its spiritual message and historical authenticity, while others were troubled by the script's literal examination of the Scriptures and its depiction of Jewish characters.

Now an important new book takes a thoughtful approach in examining the fervor and fury surrounding the film. *Perspectives on The Passion of The Christ: Religious Thinkers and Writers Explore the Issues Raised by the Controversial Movie* (Miramax Books, \$19.95) reviews and explains the highly charged emotional issues, across many faiths, in a very accessible way.

In the book, the nation's best, award-winning scholars, journalists, and theologians, across many denominations, offer their insights on understanding Mel Gibson's *The Passion of the Christ*, and what the controversy is all about.

Contributors include actor, comedian and writer Steve Martin; John Meacham, managing editor of Newsweek; Philip Cunningham, professor of theology at Boston College and executive director of the Center for Christian-Jewish Learning; Susan Thistlethwait, president and professor of theology at Chicago Theological Seminary; Amy-Jill Levine, professor of New Testament Studies at Vanderbilt University; and Adele Reinhartz, professor of religion and culture at Wilfrid Laurier University.

The thought-provoking collection of essays takes a calm, cool, and collected look at the heated controversy surrounding the film. With entries from various fields including journalism, academia and theology, from a broad-based group of Christians, Jews, and agnostics, the book covers a range of historical, cultural, and extremely controversial spiritual issues raised by the film and the intense public reaction to it.

Accessible and authoritative, the contributors cover a spectrum of relevant issues from the theological and the historical, to the cinematic and cultural. They cover such diverse issues as Jesus' Jewish heritage, the history of Christianity in Hollywood films, interfaith relations, how the film industry handled the Crucifixion and the perspectives of the four Gospels.

Providing insight and analysis into a subject that means so much to so many, "Perspectives" offers an interdenominational variety of opinions and voices. Full of insight into a phenomenon that has raised so many burning and complex issues, the collection is an indispensable guide to the understanding a cultural lightning rod.

New Stop Signs Near Valley Playground



Leland Avenue became a little bit safer in July as two stop signs were installed in both directions at Cora Street adjacent to Visitacion Valley Playground.

My War, My Country

When Xuan Phuong was born, astrologers told her mandarin Vietnamese family that she would face many dangers in life, but her well-to-do parents were skeptical. The prophecy proved true when at age 16, she ran away to join the Vietnamese Resistance against the French. She spent years fighting for her country and has since worked as a physician, a filmmaker and an art dealer. Today she is a celebrity throughout Vietnam. She relates her complex story to journalist Danièle Mazingarbe in *Ao Dai: My War, My Country, My Vietnam* (Emquad International, \$24.95).

"This is one of the most extraordinary memoirs I have ever read: heroic in the scale of human courage and character it describes; staggering in the degree of danger and privation the author willingly endures to help liberate her country; and deeply inspiring..." says Robert MacNeil, former coanchor of *The News Hour*.

For more information, visit www.emquad.com.

Describing Reality Behind Reality TV

If it's your dream to appear on a reality TV show or if you just enjoy them as a not-so-guilty pleasure—a

new book may give you the industry insider's lowdown you've been looking for.

From how to ace the casting interview to how to read body language to how to eat almost anything, the book is a guide to what has become a leading segment of television programming—reality TV.

The Reality TV Handbook (Quirk Books, \$14.95), by John Saade—developer of ABC's *The Bachelor*—and Joe Borgenicht, even offers advice on how contestants can capitalize on their 15 minutes of fame and how to get the most out of talk show interviews.

Their list of insider tips includes conferring with your doctor to establish your allergies if you are about to be on a reality show that requires you to "eat anything." The doctor's visit may save your life.

If you are on a reality show that calls for camping out, another tip suggests building a shelter with an opening to the west. This will allow the camera team to show you in the best available outdoor light—early morning.

They also suggest that cast members can become more attractive to the production crew and improve their standing on a show by being a decent person. NAPS

Kick-Off Celebration for Future Southeastern Waterfront Park

Supervisor Sophie Maxwell and other elected officials will join the community and the Neighborhood Parks Council (NPC) in a *Imagine the Way* kick-off party from 11 a.m. to 4 p.m. on Saturday, Sept. 11 at Heron's Head and Indian Basin parks (Evans Avenue and Hunters point Boulevard).

Imagine the Way is a community event to launch a public planning process with the intention of creating a *Blue Greenway* along the waterfront south of Market

Street to the City border. This will be San Francisco's southeastern portion of the Bay Trail.

Come to Heron's Head Park to learn more about this endeavor and enjoy live music by Most Chili Slack Mob, Mood Food, and Victor VX Experience.

Throughout the day, Audubon Society birding experts will be on-hand to conduct tours of the beautifully restored wetlands. Additionally, art installations coordinated by BUILD gallery will be interspersed along the trail. And performers from Acro Sports City Circus will delight and engage children of all ages. Attendees are encouraged to bring a picnic lunch.

At 1 p.m., cyclists can join Ellyn Shea, tree care coordinator with Friends of the Urban Forest, for a biking tour to the *Imagine the Way* event starting at the Cupid's Bow sculpture at the Embarcadero at Folsom Street. This 5-mile bike ride along mostly flat terrain will highlight the need for green spaces in the park-deficient eastern corridor of the city.

Crossword Puzzle Solution

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| C | O | N | G | A | B | B | M | A | I |
| A | L | A | R | R | I | A | E | D | O |
| S | I | M | I | I | S | T | L | E | A |
| A | D | A | G | I | O | C | H | I | N |
| R | I | E | S | | H | A | I | N | |
| A | N | D | I | R | I | O | N | S | E |
| B | A | Y | | T | E | C | | A | L |
| A | B | E | L | E | | T | H | I | S |
| | A | R | I | P | | A | I | C | |
| P | A | L | T | R | I | | N | A | R |
| A | M | A | H | | E | E | C | | A |
| L | I | M | E | | L | E | E | P | I |
| M | A | A | R | | O | K | S | E | D |

Healthy Ideas

*Environmental Protection Agency (EPA) studies of human exposure to air pollutants show indoor levels that may be up to 100 times higher than outdoor levels and these contaminants continuously circulate throughout the home. Some of the latest and most efficient air purifiers, developed by Sanuvox Technologies, use specific tools to maximize UV exposure and intensity. It is this maximized exposure and intensity—a form of germicidal light—that helps remove chemical and biological contaminants, which are very difficult to treat. For additional information, visit www.sanuvox.com or call 1-888-SANUVOX.

*Research shows that youth who smoke cigarettes are 14 times more likely to try marijuana as those who don't. How serious is the problem? Take a look at the figures: In 2002, nearly four million teens smoked marijuana. And for every kid who tries tobacco for the first time, one also tries marijuana. The number of young people who first try a cigarette or use marijuana in the U.S. each year is greater than the population of North Dakota, South Dakota, Delaware, Rhode Island and Montana combined. In America's effort to reduce teen smoking, it's important to remember that there are two "smokes" being fought. If someone you know is at risk, you can get the facts to help them at www.TheAntiDrug.com. The site also offers a free pamphlet called *Wake Up to the Risks of Marijuana: A Guide for Parents*. The pamphlet can also be ordered by calling 1-800-788-2800.

*In 2003, the treatment of coronary artery disease took a giant step forward with the new drug-device combination called the Cypher(tm) Sirolimus-eluting Coronary Stent. The stent props the vessel open and gradually releases the drug sirolimus into the vessel wall. Sirolimus tends to reduce the cells in the vessel lining from forming scar tissue. The vessel is more likely to stay open, reducing the potential rate of reblockage and retreatment to five percent. At last, doctors can offer patients a first-time treatment for blocked coronary arteries.

*Learning more about a common, highly contagious and potentially serious virus may help parents protect their babies—especially in the increasingly likely event that their babies are premature. The annual rate of premature births soared more than 27 percent between 1981 and 2001, with prematurity now affecting one out of every eight babies. One of the many health problems premature children face is an elevated risk for contracting RSV (Respiratory Syncytial Virus) disease. RSV is the most common cause of lower respiratory tract infection in children under five years of age and the number one reason for hospitalization of children under the age of one. For more information about RSV, call 1-877-848-8512, visit www.MOSTonline.org, or visit www.rsvprotection.com.

*Thirty-seven million Americans—16.3 percent of adults—suffer from recurring sinus problems, and the most effective way to minimize the symptoms may be a daily washing of the nose. A UM-Madison study

followed participants using the SinuCleanse(r) nasal wash system for six months and found the nasal wash provided an effective treatment for sinus infections. In the study, participants who added the nasal wash to their daily regimen showed decreased symptoms, decreased medication use and their overall health improved over the period of the study. NAPS

The Sensible Environmentalist

by Dr. Patrick Moore

Q: What does it take to be a "sensible" environmentalist?

I began calling myself a sensible environmentalist because I saw the environmental movement becoming too extreme—falling prey to misguided priorities and refusing to evolve beyond confrontation.

When I helped co-found Greenpeace, our goal was to raise alarm. People were causing harm to this planet and giving little thought to the environment. As the first activists, we used confrontation to make people notice.

Although there are still important issues, environmental protection is now fully entrenched in North American law. Environmentalists are consulted and asked to help shape policy—and that's good. But one mark of a sensible environmentalist is a willingness to stop shouting at the gates and come inside, so we can work on solutions together.

To me, sensible environmentalists are guided by:

1) Sustainable development—which, simply put, means balancing environmental protection with the social and economic needs of humans. Six billion people live on this planet. Any agenda that doesn't account for this reality is impractical.

2) Renewability. Sensible environmentalists use renewable materials and energy wherever possible. This is important and not always obvious. Unlike many extremists, I'm a strong proponent of wood use, providing it comes from sustainably managed forests.

United Nations data supports this: forested land is expanding on continents where people use the most wood, and shrinking where people use less. This also supports my belief that demand for wood in the market provides incentive to plant more trees and leads to greater forest abundance.

3) Sound scientific evidence. Sensible environmentalists are sticklers for facts. For example, I don't believe in blanket opposition to genetically modified foods. World populations are growing and GM foods help us produce more food on less land—while reducing the use of chemical pesticides. This will save us from having to convert additional forests to farmland.

The larger environmental groups do have members that I consider sensible. They rely on scientific evidence and work hard to find constructive solutions to real issues. I hope these individuals will reclaim the movement from those whose priorities are political and have little to do with the environment. Someday we can all be sensible environmentalists.

Dr. Patrick Moore has been a leader of the environmental movement for more than 30 years. A co-founder of Greenpeace, he holds a PhD in ecology and a BSc in forest biology. Questions can be sent to Patrick@SensibleEnvironmentalist.com. NAPS

Church of the Visitation

Roman Catholic (1907)

97 Years in Visitacion Valley

Daily Masses
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses
7:30 a.m. & 5 p.m.

Sunday Masses
8 & 9:30 a.m. (11 a.m. Spanish)
12:30 & 5 p.m.

Our Lady of Visitation School
Grades K-8
239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 239-5950

Rev. Zachary J. Shore, Pastor

FREE CERAMICS CLASS

For everyone 18 and older at
Visitacion Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.
We have a wonderful teacher to assist you.*

For more information, call the
VCC Senior Program: (415) 467-4499

Pausing to Honor Our Grandparents

by Linda Heacox

In recent years, more and more Americans have taken a step back from their hectic lives to focus on family. Yet all too often, our most significant family members – our grandparents – are ignored. As the “return to home” trend continues, it is only fitting that one-day of the year be set aside to honor our grandparents. September 5 is National Grandparents Day, a time to celebrate those special people who are always there with a hug, a laugh or something special.

National Grandparents Day originated with Marian McQuade, a housewife in Fayette County, West Virginia. Her primary motivation was to help the lonely elderly living in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. Finally, in 1978, President Jimmy Carter proclaimed that National Grandparent's Day would be celebrated every year on the first Sunday after Labor Day.

According to a recent study sponsored by Bankers Life and Casualty Company, an insurance company dedicated to the financial needs of seniors, elderly adults wish to be remembered as responsible and loving grandparents/parents more than anything else. “Spending this special day with your grandparents is one of the greatest gifts they can receive from you,” said Donna Avolt, manager of the Lafayette, Ind., Bankers branch.

It also has several health benefits for senior Americans. Robert N. Butler, M.D., world-renowned authority on aging and head of the International Longevity Center, an affiliate of Mt. Sinai Medical School, New York said, “Playing with grandchildren is a great way to stay young at heart. Chasing a

toddler around can be just as much exercise as an afternoon at the gym, and is more fun.” Scientists have also found that laughing is contagious and is good for the heart. According to Nobel Prize nominees Dr. Gael Crystal and Dr. Patrick Flanagan, children laugh about 400 times a day, while elderly adults laugh only 10-15 times daily.

“The grandparent/grandchild relationship is one of the more special bonds in the world and celebrating this relationship can only strengthen the bond,” said Avolt. She suggests the following activities to help families celebrate this Grandparent's Day together:

*Have grandparents teach grandchildren a card game or play a favorite game. Playing this game can become a tradition. It can also be fun for the grandchild to learn a

game that their grandparents enjoyed when they were young.

*Go to a favorite place together. Whether it be the grandparent or grandchild's favorite spot, it can provide the opportunity to learn more about each others interests.

*Write titles and dates on the backs of photos. In the process, grandparents can tell stories about relatives and help to preserve family history.

*Create a family web page. In doing this, the child can learn more about family history and the grandparent can learn a little more about current technology.

*Make homemade ice cream or bake cookies. Not only is this a tasty idea, but it is fun to decide what flavor to make and to eat the creation together.

Linda Heacox is a certified senior advisor with Bankers Life and Casualty Company.

Recycling Important for Bars And Restaurants

From Page 1

In response to this situation, the DOC has launched a new effort to raise awareness of the opportunity for bars and restaurants to implement recycling programs. In addition to potential CRV revenues, businesses stand to collectively save millions of dollars on waste-hauling bills by having their bottles taken to recycling centers instead of local dumps.

“Recycling glass bottles is a great opportunity for California's bars and restaurants,” said Darryl Young, director of the DOC. “Not only is it a positive reflection on companies to take an active role in helping the environment, but it can also help with the bottom line, add to employee benefits or even create more jobs.”

To help raise awareness for the glass bottle recycling effort, the DOC is working with beer manufacturers including Anheuser-Busch, Coors Brewing Company and Miller Brewing Company. Additionally, organizations such as the California Restaurant Association, Owens-Illinois (a major glass manufacturer)

and the Glass Packaging Institute are showing their support, noting that a reliable stream of clean, recycled glass is important for the production of new glass bottles in California.

Consumers and businesses can find nearby recycling centers by calling 1-800-RECYCLE or by visiting www.bottleandcans.com and using the recycling center locator by zip code. Additionally, the DOC is also working with local waste haulers to develop a list of haulers who want the opportunity to add bars and restaurants to their existing recycling routes.

California Refund Value is 4 cents on containers less than 24 ounces, 8 cents on containers 24 ounces and larger. Many beverages commonly packaged in glass, such as beer, sports drinks, juices and coffee and tea drinks, are included in the CRV program, as are many drinks that come in aluminum and plastic containers. Among the notable products not included in the program are milk, wine and distilled spirits. For a comprehensive list of products subject to CRV, visit the CRV Beverage Container List.

Don't Take the Bait

Tips on Avoiding the “Phishing” Fraud

Fraud prevention experts say it can pay to be cautious on the Internet. That's because potentially costly e-scams such as phishing are on the rise.

Phishing involves a fraudster pretending to be a legitimate company in order to trick a consumer into revealing personal and financial information. The information is then used to steal the consumers identity. According to the Anti-Phishing Working Group, phishing scams are growing at the rate of 110 percent per month.

Knowing how to recognize phishers, and what to do if you think you have been a victim, can help protect you and your family. Phishing 101 –

Phishers hijack the brands of well-known companies, then send out official-looking e-mails, complete with familiar logos and links to realistic-looking Web sites. The e-mails often convey a sense of urgency, warning consumers that their accounts will be closed unless they “confirm” certain information, or telling people they have won a special prize.

Consumers who provide their credit card, bank account or Social Security numbers may soon find that their identity has been stolen. “This kind of phishing uses the Internet instead of a rod and reel. Its goal is to catch consumers,” said Shirley Rooker, president of the international nonprofit network of consumer hotlines Call For Action.

What To Look For

An unsolicited e-mail could be a phishing scam if it:

*Doesn't address you by name

*Asks you to provide personal or financial information such as your bank or credit card account number, an account password or PIN or your Social Security number or mother's maiden name.

*Warns that you have been the victim of fraud or that your account will be closed unless you respond quickly

*Tells you that you have won a prize or vacation and just need to “confirm” certain information

*Has spelling or grammatical errors you wouldn't expect a professional business to make.

Fighting Phishing

It's wise to treat any unsolicited e-mail requests for financial or personal information with great caution. If you're not sure an e-mail is legitimate, contact the business that supposedly sent the e-mail to verify that it is genuine. (Visit a secure Web site or call a company phone number that you know is legitimate.) When entering personal data at a Web site, look for a “locked padlock” in the browser or “https” at the beginning of the Web address – both mean the site is secure. Also, check your monthly bank and credit card statements to verify that all transactions are legitimate.

“Consumers are the first line of defense against phishing,” explained Robert Boxberger, who manages fraud prevention for Providian, one of the nation's largest credit card issuers. “But companies can help, too. Providian monitors transaction activity and alerts cardholders of anything unusual. In addition, we monitor hacker Web sites and chatrooms, looking for places where data is being swapped and then we search for Providian account numbers.”

Catching a Phisher

Consumers can forward any suspicious e-mails to the Federal Trade Commission at uce@ftc.gov or file a complaint with the FTC at www.ftc.gov. You can also forward unsolicited e-mail claiming to be from Visa or your Visa card issuer to phishing@visa.com. NAPS



Cathy Kline Saunders
Broker Associate

**215 WEST PORTAL AVENUE
SAN FRANCISCO, CA 94127**



ZEPHYR
REAL ESTATE

**For Any of Your
Real Estate Needs
Call Me
(415) 731-5011
Extension 163**

Grapevine Puzzler

S.F. Muni Lines

B S U T T E R A T I S E R E T H G I A H P
A T N A Y R B L A V A R A T T E B R O C A
R H A Y E S T R E E T N O T K C O T S R R
T G E A R Y W E I V N A E C O N O I N U N
S I D E O N U R B N A S O U T H E R N H A
H E Y W A N X V D P A N O S K C A J D C S
U H H T S A H A I A N T E S N U S U N A S
T A Y W M P T V V R O I F X A F C D A L U
T T S E V O N T I K S O U S B I E A L I S
L E S N A O E N S M A C L T A L U H T F E
E E E T L L E E A E M G T A D L N T U O R
T R N Y E K T M D R L L O N N M E X R R D
E T H F N L E E E C L Y N O O V I O N I
K S G O C N L E E R E L R O A H R A S I V
R D U I P I C O D W A I N A E G Y S A S
A R A R A T N I U Q O E S O N U E T L O S
M I H T C I F I C A P G S T U R I R E B E
L H S H E D I S E L G N I L G E R O C L N
W T O O R E D A C R A B M E A K O F X A N
O Y E R E T N O M O S L O F L A N R E B A
M A S O N I C A V C S N W O T N W O D A V

| | | | |
|-------------|-------------|---------------|-----------|
| Balboa | Fillmore | Monterey | San Bruno |
| BART | Folsom | Nineteenth | Southern |
| Shuttle | Forty-Sixth | Avenue | Heights |
| Bernal | Avenue | Ocean View | Stanyan |
| Heights | Fulton | O'Shaughnessy | Stockton |
| Bryant | Geary | Owl | Sunset |
| California | Haight | Parkmerced | Sutter |
| Church | Haight- | Parnassus | Taraval |
| Clement | Noriega | Polk | Teresita |
| Coit | Hayes | Powell-Hyde | Third |
| Corbett | Ingleside | Powell- | Street |
| Divisadero | Jackson | Mason | Union |
| Downtown | Judah | Quintara | Union- |
| Loop | Laguna | Quintara- | Stockton |
| Embarcadero | Honda | Twenty- | Valencia |
| Excelsior | Market | Fourth | Van Ness |
| Eureka | Masonic | Street | Van Ness- |
| Felton | Mission | Rutland | Mission |

Historic Proportions

Match clues to answers.

- 1913
- Mandatory military service established here on May 7.
 - Country opened its first bank in New York on June 8.
 - World Series Winners on Oct. 11.
 - On Apr. 8, first time this was done by a U.S. President in 112 years.
 - After ten years of work, this opened on Oct. 10.
 - This was adopted by U.S. government on Feb. 25.
 - Zeppelin exploded over Berlin on Oct. 17.
 - Discriminating law passed on Apr. 19 in California.
 - European hostilities first ceased on May 30.
 - Trot dancing barred here on Jan. 14.
 - Three hundred people died here on Apr. 2 of food poisoning.
 - He established an assembly line during the summer in his Highland Park, Michigan manufacturing plant.
 - Established on Dec. 23 by U.S.
 - U.S. senator won Nobel Peace Prize on Dec. 10.
 - Grand Central Terminal opened here on Feb. 1.
 - This opened on Nov. 5 to help Los Angeles.
 - Huge cloud of grasshoppers 18 miles long and five miles wide reported here on May 26.
 - He made his film debut in the movie *Making a Living*.
- A. Germany

Five Years Ago In the Grapevine

SEPTEMBER 1999

*Both John King Senior Center and Mercy Charities Housing made plans to host a September groundbreaking celebration for a new senior housing complex to be built at 500 Raymond Avenue.

Sump, the Grump



- B. Turkey
C. New Mexico
D. Webb Bill
E. L II
F. Henry Ford
G. Federal Reserve System
H. Owens River Aqueduct
I. New York
J. Charlie Chaplin
K. Elihu Root
L. Panama Canal
M. State of the Union Message
N. Philadelphia Athletics
O. 16th Amendment
P. China
Q. Mexico
R. Balkan War
- Answers: 1-Q, 2-P, 3-N, 4-M, 5-L, 6-O, 7-E, 8-D, 9-R, 10-B, 11-A, 12-F, 13-C, 14-K, 15-I, 16-H, 17-C, 18-J.

Sez Who?

- Match quotes to speakers.
- "You can't wait for the inspiration. You have to go after it with a club."
 - "I am a deeply superficial person."
 - "Do it big or stay in bed."
 - "Few things are harder to put up with than a good example."
 - "Happiness is good health and a bad memory."
 - "Rock and roll is the hamburger that ate the world."
 - "Even if you're on the right track, you'll get run over if you just sit there."
 - "Anything will give up its secrets if you love it enough."
 - "Sometimes a scream is better than a thesis."
- A. Peter York
B. George Washington Carver
C. Ingrid Bergman
D. Mark Twain
E. Jack London
F. Will Rogers
G. Andy Warhol
H. Ralph Waldo Emerson
I. Larry Kelly

Answers: 1-E, 2-G, 3-I, 4-D, 5-C, 6-A, 7-F, 8-B, 9-H.

Lending a Helping Hand at "Little Vis"



Every year, staff members from the Marsh Company, a major industrial insurance broker, spend a day in every classroom at Visitation Valley Elementary School (VVES), helping bring to life California social studies curriculum. VVES students learn about how things work in the "real world," about jobs, businesses and community service; a fun and productive day for all!

Did You Know?

*The best hopes for the coming year can be foiled when a criminal decides to make you a victim of fraud or identity theft. Protect yourself by frequently checking your credit and bank statements to ensure that there are no unauthorized purchases or changes in your personal information. Review your credit report regularly. Record your credit card account numbers, expiration dates and customer service department telephone numbers in a safe location.

*According to the "Caring About America" Survey, 58 percent of parents think community service should be emphasized as much as or more than traditional subjects in their children's schools. Beyond the classroom, 70 percent of moms and dads play an active role by taking time to volunteer with their kids. This strong influence has not been lost on their children. Nearly three-quarters of kids in the U.S. say their parents are the ones who taught them the importance of caring about others. One example of how kids are exercising the golden rule and learning about community service in the classroom is the Teaching Kids to CARE initiative. For this annual program, more than 130 Doubletree hotels across North America team with local schools and youth organizations to introduce more than 4,000 kids to the concept of social responsibility.

*The majority of Americans (68 percent) pay their bills by writing checks and mailing them despite the availability of technology based payment options. Why? Security measures, record keeping purposes and more control of spending habits are the main reasons people prefer checks. The Federal Reserve confirms that checks are the most popular form of non-cash payment, reporting in 2002 that a check is 65 percent more likely to be used than all other types of electronic payments combined.

*A reverse mortgage is a loan that lets senior homeowners convert part of the equity in their home into tax-free income without having to sell the home, give up title or take on a new monthly mortgage payment. Reverse mort-

gages are a great way for seniors with built-up equity in their homes to generate the income they need to meet an immediate need or an extraordinary expense. With a reverse mortgage, a senior borrower never makes monthly payments until he or she moves, sells the house, or vacates the home for other reasons; never gives up title; never is forced to move; and never owes more than the sale price of the home or the amount borrowed, whichever is less. Visit www.reversemortgages.net, or call (800) 336-7359.

*Parenting children through their school years requires a balancing act between what's best for family dynamics and for a child's academic success. Experts at Kumon Math and Reading Centers offer the following tips to help parents avoid five common mistakes when dealing with a child's scholastic achievement. Don't expect perfection instead of progress. Don't let your child quit when the work gets hard. Don't underestimate your child's ability. Help children acquire good study habits and strong organizational skills.

NAPS

As a Matter of Fact

*There are two Methuselahs. One was the descendant of Seth, whom the Bible says lived 969 years. The other, an oversized wine bottle with a capacity of eight ordinary bottles, used in the French Champagne district.

*A big good-humored, President Grover Cleveland was called "Uncle Jumbo" by his relatives.

*The last president to be born a British subject was William Henry Harrison, born in 1773.

*The fuzz on peaches protects them from sunburn.

*Butterflies need sunlight to regulate their body temperature.

*The first mechanical clock appeared in Europe in 1299.

*It was believed by some in the southern United States that if the fire pops on the hearth, a letter is headed your way.

*It was believed by some 16th Century Europeans that the veins in a human body originated in the liver while the arteries originated in the heart.

*The U.S. census of 1920 showed that for the first time, the majority of Americans lived in urban areas.

*Norfolk County, Massachusetts is the birthplace of three presidents: John Adams, John Quincy Adams and John F. Kennedy.

*When someone is said to be "mending the jug," it means he or she has been given an impossible task.

*Raisins were once very expensive and were eaten only by the rich.

*Analytic geometry was developed by the philosopher Rene Descartes.

*When translated into English, the Japanese word for soda means "poison water."

*At one time all American presidents, their wives and important political figures were exempt from paying postage.

*According to tradition, Tasmanians will not eat a fish with scales.

*The first public school system in what is now the United States was set up in Massachusetts in 1647. Jackie Fields. He won the featherweight boxing title in 1924 at the age of 16 years and 162 days.

*The first American kindergarten opened in Wisconsin in 1856.

*More than 99.9 percent of the species that ever lived on the earth were extinct before the coming of man.

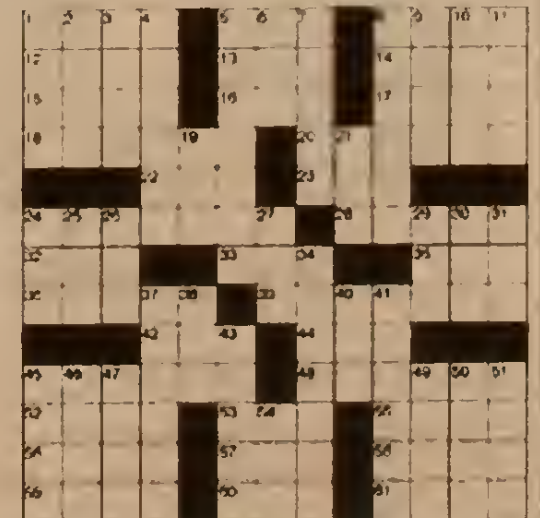
*The first hot air balloon flight was in 1792. It lasted 46 minutes.

*The youngest Olympic boxing champion was Jackie Fields. He won the featherweight boxing title in 1924 at the age of 16 years and 162 days.

Crossword Puzzle

Solution on Page 4

- ACROSS
- Congress (abbr)
 - Warp yarn
 - Poet
 - Winglike
 - Inlet
 - Icelandic tale
 - Dodecanese Island
 - Noun-forming (suf)
 - Conduct
 - Slow: music
 - Caulk lightly
 - Thing (Lat)
 - Yangtze tributary
 - Dog
 - Brit. Trout
 - Red horse
 - Detective
 - Malt liquor
 - White poplar
 - Yet (2 words)
 - Dadaist
 - All Coast Conference (abbr)
 - Inconsiderable
 - Of the nostrils
 - Orfantal nursemaid
 - Eur. Economic Community (abbr)
 - sleeping
 - Calcium oxide
 - Civil War commander
 - SW US cotton
 - Volcano crater
 - Approves (contr.)
 - Chinese



- DOWN
- House (Sp.)
 - Foul-smelling
 - Hottentot
 - Fetish
 - It. Poet
 - More!
 - Group
 - Yellow
 - Arabian Sea gulf
 - Killer of Castor
 - Load
 - Comparative
 - (suf)
 - Laughter sounds
 - Camel hair cloth
 - capture
 - Stain
 - Mesh
 - Women In the Air Force (abbr)
 - Guido's note (2 words)
 - Grandfather of Saul
 - Lots
 - Foam
 - Trandgrass
 - Fiddler crab genus
 - Tight spot
 - Pelvis (prof)
 - Tree
 - Bowfin
 - Buddhist monk
 - In the same place (Lat.)
 - Eelworm
 - Dutch cheese
 - Mouse-spotted's cry

Visitacion Valley Police Report

Four Killed When Car Hits Tree on Mansell Street

Four of five people speeding down a hill on Mansell Street in a black Ford Mustang were killed on July 26 after the driver lost control and smashed into a tree.

Three of the four victims were identified as Jonathan Ray, 21, and Adislad Munoz, 18, of San Francisco; and Priscilla Bautista, 18, of Daly City. A fifth female passenger survived the crash and was hospitalized.

Police estimated the vehicle was traveling about 60 mph as it sped eastbound down the slope of the four-lane divided street. When the driver attempted to make a left turn at Goettingen Street, the vehicle struck an adjacent tree on the median strip. Impact with the tree caused its roots to be ripped from the ground as the vehicle came to a halt against it vertically with its ripped-open front end to the ground.

Auto Theft and Burglary Confidential Tip Line

The San Francisco Police Department Auto Theft Task Force is urging anyone who has information about a person or business dealing in stolen vehicles or stolen vehicle parts to contact the Confidential Tip Line at 415-553-1933.

The institution of this tip line is a step toward helping to stem the traffic in stolen vehicles and stolen vehicle parts. There are around 8,000 auto thefts that occur in San Francisco yearly, and this tip line is a pro-active attempt to help reduce that number.

Crime Summaries

- *July 14: 5:15 p.m., 100 block of Blythdale Ave., malicious mischief, vandalism.
- *July 14: 10 p.m., 000 block of Blythdale Ave., malicious mischief, vandalism of vehicles
- *July 16: 12:45 a.m., Gamson & Argonaut Aves., stolen auto.
- *July 16: 12:45 a.m., Gamson & Argonaut Aves., recovery of stolen auto.
- *July 17: 3 p.m., Delta St. & Teddy Ave., stolen auto.
- *July 17: 3 p.m., Delta St. & Teddy Ave., recovery of stolen auto.
- *July 17 9:30 p.m., 1500 block of Sunnydale Ave.,

'San Francisco City Services

- Abandoned Cars..... 553-9817
- Bus Shelter Damage..... 882-4949
- Curb Painting..... 554-2336
- DWP/Illegal Dumping..... 28-CLEAN
- Graffiti Hotline..... 241-9274
- Muni Information..... 673-6864
- Parking and Traffic Problems (DPT)..... 553-1200
- Pothole Repair..... 695-2100
- S.F. Police IngleSide Station..... 404-4000
- S.F. Police (non-emergency)..... 553-0123
- Street Lighting..... 554-0730
- Sunnydale Resource Center..... 586-7572
- VVMS Anonymous Hotline..... 281-8406
- Tree Problems..... 695-2162

Visitation Valley Community Center
Mondays: Senior Shopping 11:30 a.m.; Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; Thursdays: Sewing Class 9 a.m.-3 p.m.
VVCC Regular Board Meeting is held on the 4th Thursday of each month at 5 p.m.

- AUTOMOTIVE**
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-6281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DAMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-3381
MIZRENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800 WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PRD.FESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5850
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

simple assault, battery.

*July 17, 10:40 p.m., 300 block of Harkness Ave., maintaining premises where narcotics are sold/used

*July 17: 10:40 p.m., 300 block of Harkness Ave., possession of base/rock cocaine for sale.

*July 19: 10:36 a.m., 1500 block of Sunnydale Ave., malicious mischief, breaking windows.

*July 19: 6 p.m., Blythdale Ave. & Santos St., malicious mischief, breaking windows.

*July 20: 8 a.m., 1500 block of Sunnydale Ave., grand theft from locked auto.

*July 23: 1:56 p.m., Sunnydale Ave. & Hahn St., simple assault, battery.

*July 23: 6:22 p.m., San Bruno & Wilde Aves., possession of marijuana for sales.

*July 23: 6:22 p.m., San Bruno & Wilde Aves., transportation of marijuana.

*July 23: 6:22 p.m., San Bruno & Wilde Aves., possession of controlled substance.

*July 23: 10 p.m., 1600 block of Sunnydale Ave., robbery, armed with gun.

*July 24: 10:35 p.m., San Bruno Ave. & Dwight St., malicious mischief, breaking windows.

*July 24: 1:45 p.m., 1500 block of Sunnydale Ave., malicious mischief, graffiti.

*July 25: 6:25 a.m., Bayshore Blvd. & Arleta Ave., petty theft, shoplifting.

*July 26: 1 p.m., Peabody St. & Leland Ave., simple assault, battery.

*July 27: 10:31 a.m., Rutland St. near Visitation Ave., attempted robbery on street with bodily force.

*July 27: 5 p.m., Campbell Ave. near Alberta St., burglary of residence under construction, unlawful entry.

*July 27: 6 p.m., Schwerin St. & Gamson Ave., stolen auto.

*July 27: 6 p.m., Schwenn St. & Gamson Ave., recovery of stolen auto.

*July 27: 5 p.m., Campbell Ave. near Alberta St., burglary of residence under construction, unlawful entry.

*July 28: 9:30 p.m., Dwight & Goettingen Sts., stolen auto.

*July 28: 9:30 p.m., Dwight & Goettingen Sts., recovery of stolen auto.

*July 28: 8:50 p.m., 1600 block of Sunnydale Ave., possession of base/rock cocaine.

*July 29: 6 p.m., Teddy Ave. & Elliot St., stolen auto.

*Aug. 1: 3 a.m., Parque Dr. near Geneva Ave., stolen auto.

*Aug. 2: 5:45 a.m., Visitation Ave. & Schwenn St., robbery on street, strongarm.

*Aug. 3: 8:27 p.m., 000 block of Brookdale Ave., possession of base/rock cocaine for sale.

*Aug. 4: 5 a.m., Harkness Ave. & Sparta St., stolen auto.

*Aug. 5: 8:05 p.m., Raymond Ave. & Rutland St., simple assault, battery.

*Aug. 9: 11 a.m., Leland Ave. & Bayshore Blvd., petty theft.

*Aug. 11: 6:14 p.m., Sunnydale & Gamson Aves., possession of base/rock cocaine.

*Aug. 11: 6:14 p.m., Sunnydale & Garrison Aves., possession of narcotics paraphernalia.

*Aug. 12: 4:30 a.m., 1500 block of Sunnydale Ave., recovered vehicle stolen outside S.F.

*Aug. 12: 6 p.m., Brussels St. near Ordway St., stolen auto.

*Aug. 13: 8:30 p.m., Argonaut & McCarthy Aves., stolen auto.

*Aug. 13: 8:30 p.m., Argonaut & McCarthy Aves., recovery of stolen auto.

*Aug. 13: 11 p.m., Olmstead & University Sts., stolen auto.

*Aug. 13: 11 p.m., Olmstead & University Sts., recovery of stolen auto.

*Aug. 14: 2 a.m., Ordway & Girard Sts., malicious mischief, vandalism of vehicles.

*Aug. 14: 9 p.m., Sunnydale Ave. & Schwerin St., stolen auto.

*Aug. 14: 9 a.m., Sawyer St. & Visitation Ave., stolen auto.

*Aug. 15: 8:30 p.m., Ankeny & Bishop Sts., stolen auto.

*Aug. 15: 8:30 p.m., Ankeny & Bishop Sts., recovery of stolen auto.

*Aug. 17: 1 p.m., Geneva Ave. at Walbridge St., stolen truck.

Poor Rix's Almanac

Hey, Poor Rix: Dandelions will grow in my yard, even if I spray weed killer on them or cut them up. But I have never, ever been able to raise a dandelion in a pot! Why is this? - Brown Thumb

Poor Rix loves dandelions, and also considers himself a wild flower that thrives in moderate climates, flies frequently from place to place, and may sometimes be viewed as a pest.

Did you know the first dandelions came to America with the colonists? Some said young dandelion leaves could be used in salad, and wine could be made from its flowers.

The dandelion also produces its own fertile seeds, so it does not require birds or bees for pollination. (So ends the only birds-and-bees lecture you'll see in this Almanac.)

Perhaps the secret of the flower's growth is long roots (up to three feet), which might explain its inability to grow in a pot while flourishing in a back yard.

Poor Rix also loves the back yard, and prefers it to his own confined space full of dirt, which he calls his "office."

Hey, Poor Rix: Our back yard is crawling with all kinds of bugs. How many types of insects inhabit earth? - Homeowner

No one knows how many insects exist, because some fly into bug zappers, some live underground, and some fall beneath shoes. But the last approximate count was 387 gazillion.

Insects have six legs, and three body parts: head, thorax, and abdomen. The head decides what to do. The abdomen digests food and procreates. The thorax just has a cool name, and keeps the head and abdomen from wandering in opposite directions.

Some sophisticated bugs form "insect cities," where they identify one another by the same smell. That makes strangers stand out, especially in gym class.

Insect skin is made of chitin, a tough armor-like material. As the insect grows, it sheds the outer skin, sorta like an aging movie starlet. Insect guts are green or yellow, and hard to clean off carpet if you accidentally squish one.

Other trivia about insects:

1. To get a male praying mantis in the mood for romance, the female tears its head off! So if you discover a live male mantis, it probably does not date.

2. Honeybees make honey. Silkworms make silk. Flies make the opening on pants.

3. Some insects have two wings. Some have four. Wingless insects don't fly, but carpool.

What's an insect's life span? One type — "ephemerida" — lives a

single day. A few, overwhelmed by life's brevity, choose to depart even earlier.

Investigators rule this an "insecticide."

Dear Poor Rix: It's real hot around here now. And to make things worse, somebody in my office smells really bad. How can I tell if it's me, or somebody else? - Scared to Offend

Body odor comes in all shapes and sizes, from all directions. The first culprit can be bad breath.

Some experts recommend tooth brushing twice a day and flossing.

Some also recommend using a tongue scraper, but never in the middle of a party, especially if one is serving finger food.

To check your own breath, lick the back of your freshly washed hand, wait for the saliva to evaporate, then smell it. Never lick a dirty hand, or one that has just touched nuclear waste.

Long ago, ancient people experimented with several underarm deodorants, including cinnamon and citrus.

Then cannibals moved nearby, and found the smell so irresistible they originated the expression "Let's have the neighbors over for dinner."

In modern days, dedicated scientists tested underarm sweat. They discovered fresh sweat was odorless, but if stored several hours it became offensive.

So, the answer to your question, Scared to Offend, is: "Who nose?"

Finally, I leave you with the immortal words of my old uncle, who said, "If your nose runs, and your feet smell, you're built upside down."

Dear Poor Rix: I am going to meet my girlfriend's family this weekend, and I want to make a good impression. Should I wear a tie? - Bob

Not without a shirt. But seriously, Bob, appropriate clothing can send the message that you have good taste.

Also, remember that "burping the alphabet" doesn't generally impress parents, and it's especially inappropriate during dinner.

Hey, Poor Rix: Can you suggest a name for my new dog? - Proud Puppy Owner

Poor Rix's friend Chuck named his dog Kitty. The clever canine loves the name, and when Chuck calls him he answers with a loud "meow."

Poor Rix named his dog Wallpaper, so he'll remember he's not supposed to go on the floor.

Dear Poor Rix: Why don't I see birds at night? Where do they go? - Bird Watcher

You can't see birds at night because it gets real dark. And I don't know if the birdies make any plans for when the sun goes down, or if they just wing it.

But birds don't seem to need

VISITACION VALLEY GRAPEVINE - SEPTEMBER 2004 - 7

much slumber. They rest by closing their eyes and standing still, like Poor Rix does when he's waiting in a grocery line.

I guess birdies take catnaps too...but nowhere near a cat.

Dear Poor Rix: One of my favorite children's stories is "The Three Little Pigs." Does it have a hidden meaning? - Hog Wild

Poor Rix searched expert sources - a volume of fairy tales plus several comic books - and discovered many versions of this classic.

An old sow supports three grown sons. She tires of feeding them, and tells the boys to go "seek your fortune." This means, "Get a job, you slovenly swine."

So Pig 1 quickly builds a straw home and straw bed. The lazy hog promptly falls asleep on it, and invents the term "hiring the hay."

Suddenly a hungry wolf pounds the door, demanding, "Let me in, or I'll blow your house down."

When Piggy hesitates, the wolf simply ex-hales, and the house crumbles. Uninsured, Piggy escapes.

Pig 2 constructs a one-room shack of rotting wood, a real hog sty. Then that loony wolf shows up, claims he's a potential buyer, and demands a tour.

When Pig 2 refuses, Wolf threatens to howl the house down... which he does. This proves that "his bark is worse than the blight."

Pig 3 wisely buys bricks on credit, and creates a lovely home. Wolf tries to blow it down, but hyperventilates.

He climbs to the roof, and enters the chimney. But Pig 3 places a boiling soup pot on the fire. Sadly, Wolf toasts his tail, but learns that incorrect swine selection can spoil a meal.

Moral: If you don't hit the hay or bark up the wrong tree, you can boar your heirs with pig tales.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator. (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

GRAPEVINE DISPLAY ADVERTISING new limited-time rates: Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. At (415) 467-9300 for more details.

Want Ads: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

- KOREAN FIRST PRESBYTERIAN CHURCH**, 333 Tunnel Ave., 468-1213
- RIDGE VIEW UNITED METHODIST CHURCH**, 590 Leland Ave., 239-5457
- ST. JAMES PRESBYTERIAN CHURCH**, 240 Leland Ave., 586-6381
- VALLEY BAPTIST CHURCH**, 305 Raymond Ave., 467-6055
- VISITACION CHINESE BAPTIST CHURCH**, 8 Desmond St., 333-4503
- COFFEE**
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442
- DAY CARE**
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
- DENTIST**
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5600
- DEVELOPERS**
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895
- ELECTRICAL**
TATE ELECTRIC (Joel Tate), 467-4657
- FLORISTS**
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
- GARDEN ORNAMENTS**
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
- GROCCERS**
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
- LITTLE VILLAGE MARKET**, 1450 Sunnydale Ave., 586-1815
- M & M SHORTSTOP**, 2145 Geneva Ave., 585-0878
- PICCOLO PETE**, 2155 Bayshore Blvd., 468-6800
- SARI-SARI FOOD STORE**, 58 Leland Ave., 239-0580

- 7-11, 2200 Bayshore Blvd., 468-8646
- SHUN LEE MARKET**, 2400 Bayshore Blvd., 586-4851
- SMITH'S MARKET**, 2510 Bayshore Blvd., 239-5506
- SUPER FAIR MARKET**, 201 Leland Ave., 239-6856
- TEDDY'S MARKET**, 296 Teddy Ave.
- VALLEY SUPER MARKET**, 65 Leland Ave., 239-7520
- HERBS**
SAN ON HERBS, 33-A Leland Ave., 333-7469
- HYPNOTHERAPY**
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
- INSURANCE**
EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC, CMFC, 333-0850
ALICE L. WONG, 160A Leland Ave., 337-8811
- KITCHEN CABINETS**
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706
- LAUNDRY/CLEANERS**
BAYWASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
- LEARNING**
3+1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
- LIBRARY**
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
- LODGING**
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

- MANUFACTURER**
NATIONWIDE PAPER, 345 Schwerin St., 586-9160
- MEDICAL**
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Leland Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
DR. SAM HO, MD, 9 Sillman St. No. 4, 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyraj Patel) 2858 San Bruno Ave. 467-7500
- NOTARY**
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4500
- ORGANIZATIONS**
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-0444
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 580 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 65 Raymond Ave., 467-4499
- PHARMACY**
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
- PHOTOGRAPHER**
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
- PLUMBING**
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
- POST OFFICE**
VISITACION USPO, 68 Leland Ave., (800) 275-8777

- REAL ESTATE**
Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163
- RESTAURANTS**
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd 330-0736, Fax 330-9813
4 EVERYDAY PEOPLE, 107 Leland Ave., 308-5673
G & LBAKERY & RESTAURANT, 198 Leland Ave., 239-6283
SUN FAT RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACKS RESTAURANT, 167 Leland Ave., 337-0433
Y & G RESTAURANT, 73 Leland Ave., 469-5686
- SCULPTOR**
CARTORIGINALS (Mikal Cantor), 2 Hahn St., 239-4138
- SELF-DEVELOPMENT**
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
- SERVICE PROVIDERS**
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VABESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-8998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866
- SIGNS**
SMITH'S SIGNS, 153 Leland Ave., 333-2700
- TAVERN**
THE CLUB HOUSE, 25 Blanken Ave.
- TELEPHONE**
D & A WIRELESS, 78 Leland Ave., 452-4139
- VARIETY**
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923
- VIDEO**
No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038

More Than 10 Percent Of Americans Recently Fell Victim to Fraud

From Page 1

The survey reveals that 33 percent of fraud victims first learned about a fraudulent offer or product from print advertising in newspapers, magazines, direct mail, catalogs, or posters. Telemarketing was the first source of contact in 17 percent of the frauds. Only 14 percent of fraudulent offers were promoted using Internet and e-mail; television or radio advertising account for only 10.6 percent of fraudulent offers.

Women and younger consumers are more likely to complain if they have been victims of fraud, the survey found. An estimated 74.5 percent of female victims complained. For males, the complaint rate was 10 percentage points lower. Similarly, almost 75 percent of consumers under the age of 35 complained, compared to only 55.4 percent of consumers between 55 and 64.

According to the survey, consumers between the ages of 25 and 44 are most likely to be fraud victims. Eleven percent of them were victims, compared to 8.7 percent in the 45 to 54 year bracket, 6.1 percent of consumers aged 55 to 64, and only 4.7 of consumers 65 years and older.

The top 10 frauds (and victims) listed in the report include: advance-fee loan scams (4.55 million); buyers clubs (4.05 million); credit card insurance (3.35 million); credit repair (2 million); prize promotions (1.8 million); Internet services (1.75 million); pyramid schemes (1.55 million); information services (.8 million); government job offers (.65 million); and business opportunities (45 million).

In addition to the fraud categories, the survey found that an estimated 13.9 million consumers were victims of telephone "slamming" - unauthorized and illegal changes in long distance telephone service.

S.F. City College Southeast Campus a Beacon of Hope in the Community

by Dr. Veronica Hunnicutt

Let me introduce myself to you. My name is Dr. Veronica Hunnicutt, and I am the Dean of the Southeast Campus. The Southeast Campus of City College of San Francisco has been a force of stability and a beacon of hope for the residents of the Southeast sector.

Our outstanding classes and programs are taught by a concerned, caring, multilingual group of individuals who represent the rich diversity of the San Francisco community and who know the needs of its neighborhoods.

For Fall 2003, the Southeast Campus offered 24 credit and 59 non-credit sections to approximately 2500 students. Over 44 staff and faculty served the Southeast Campus. The Campus offers certificate programs for Hospital Unit Coordinator, Home Health Aide, Hotel Front Desk Operations, Computer Repair, and Office Technology.

In addition to these offerings, we also offer Pre-GED, GED, and ESL courses at the Southeast Campus, ESL classes at the Visitacion Valley Community Center and the Beacon Center in Visitacion Valley, and other classes at additional sites. Additionally, credit courses are

offered in Health Science, Business, English, Child Development, Music, Mathematics, Physical Fitness (Hip Hop), and Nursing. Southeast also offers the Working Adults Degree Program (WADP), a two-year, evening or weekend, accelerated Associate-in-Arts degree program at the Southeast Campus.

The Southeast expansion plans include additional classes for students who desire to enter the biotechnology field. As such, we have added two new classes, the On Ramp to Biotech and the Bridge to Biotech, to begin to train CCSF students for the new jobs of the future.

We are also planning to extend the WADP to Visitacion Valley by hosting an English class in the community this semester and providing ancillary educational services for residents.

Our Southeast Advisory Board, composed of representatives from public, private, and community-based organizations, identifies community needs and assists in developing educational programs. We work with the Southeast Facility Commission, a group of individuals appointed by the Mayor of San Francisco, to service the educational and training needs of residents in the

southeastern sector.

We are involved in many community collaborations, including Discover College, a program featuring Martin Luther King Middle School students and a partnership of San Francisco Unified School District, the Southeast Campus of City College of San Francisco, and Communities in Schools (CIS). We also work with the San Francisco Unified School District in a special program called the Community Scholars of Success (CSOS), a county community high school activity.

Recently, we completed a program with the San Francisco Housing Authority and the One Stop Career Center in which our faculty trained 94 students from the Alemany, Sunnyside, and Hunters View housing developments in basic computer skills. These students eventually built computers that they use at home with their families.

The Southeast Campus also offers excellent student services, including counseling, financial aid assistance, tutoring, library access, and state-of-the-art computer labs. Check our website at <http://www.ccsf.edu/campuses/Southeast>, or stop by Room 201 at the Southeast Campus to enroll



Dr. Veronica Hunnicutt, Dean of S.F. City College Southeast Campus.

in our classes.

To enroll in ESL or the new English class in Visitacion Valley or ESL classes at Family Connections, visit the site at which you wish to take classes or call Cynthia Hamilton at (415) 550-4344 for further information. To reach the Southeast Campus, take the following bus lines: the #15, #23, #24, #44, or the #54.

Feel free to contact me at the Southeast Campus by calling (415) 550-4347 to discuss other ways in which CCSF and the community can collaborate and provide additional academic and career opportunities for the residents of Visitacion Valley.

New Legislation Introduced by Supervisor Maxwell at Board of Supervisors Meeting

The following items were introduced by Supervisor Sophie Maxwell at the Aug. 17 San Francisco Board of Supervisors meeting:

(1) Ordinance to reauthorize and expand the First Source Hiring Program.

The First Source Hiring Program, initially adopted by the Board of Supervisors in 1998, requires projects funded with public dollars and certain private development to give first consideration for entry-level jobs to economically disadvantaged individuals. The Program is set to expire this October.

Supervisor Maxwell's legislation would reauthorize the program for five years, require additional reporting by the First Source Program to the Board of Supervisors, and expand the program as follows:

(a) To include sole source contracts as well as all City contracts, loans and grants in excess of \$50,000.

(b) To include residential development of 10 units or more.

(c) To require a written First Source agreement prior to Planning Commission approval of a development project (Legislation previously introduced to deal with this matter has

now been rolled into this legislation).

(d) To create permanent funding for the program through fees on applicable projects.

(2) Supervisor Maxwell called for a committee hearing to review nine recommendations proposed by the San Francisco Disproportionality Project, a community collaborative between the Stuart Foundation, Annie E. Casey Foundation, The Youth Law Center, and the Bayview Hunters Point Family Resource Center.

The project focused on the issue of overrepresentation of African Ameri-

can children in foster care. Though a significant issue nationwide, it has reached crisis proportions in San Francisco. Based on the 2000 census, African American children make up 11 percent of the population, but represent 70 percent of the children in foster care.

The nine recommendations proposed by the Disproportionality Project include incorporating community and family factors into the system; strengthening interdepartmental collaboration; improve data collection, and improving services through cultural competency.

Family & Community Services Center

Visitacion Valley Community Center, Inc.



Classes at

Visitacion Valley Community Center,
50 Raymond (Ceramic Room)

Free Consultation (appointment or drop-in)
with S.F. Health Plan Coordinator;
Low-Cost Health Insurance
Every Wednesday, 9 a.m. - 4:30 p.m.

Men's Support Group
Every Tuesday & Thursday, 6-8 p.m.

Women's Support Group
Every Wednesday, 5:30-7:30 p.m.

For more information,
please contact the following
staff members at (415) 586-6998:
Meriam T. Abalos, FCSC Coordinator
Marianna Y. Chan, Marichelle Pecson
Michelle Lau, MSW
Lateka Hampton, Joanna Wong

Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.

161 Leland Avenue

Financial Literacy Class: Wed., Sept. 1, 6-8 p.m. at 1099 Sunnyside Ave.

Participants receive special certificate and incentive during last day of classes.

Call (415) 586-6998 for more details. Free dinner and childcare provided!

Meet and Eat with Games and Activities:

Friday, Sept. 3, 5:30-6:30 p.m. at 161 Leland Ave.

Free dinner and childcare provided!

Financial Literacy Focus Group: Wednesday, Sept. 8 from 5:30-6:30 p.m. at 1099 Sunnyside Ave.

Participants will each receive \$15 cash. Call (415) 586-6998 for more details.

Free dinner and childcare provided!

Discipline Workshop: Fri., Sept. 10, 5:30-6:30 p.m., 50 Raymond Ave.

Speaker Susan Shelton, WVCC Director of Programs Family and Childcare Services

Father Support Group: Sat., Sept. 18, 11-12 noon, 50 Raymond Ave.

Free childcare and lunch provided!

Meet and Eat: Friday, Sept. 24, 5:30-6:30 p.m. at 50 Raymond Ave.

Activities with Children and Parents' Interaction

Parents Support Group: Sat., Sept. 25, 11-12 noon, 50 Raymond Ave.

Domestic Violence Prevention Education Workshop: Speaker: Meriam T. Abalos, FCSC Coordinator

Special incentive to be given away! Free childcare and lunch provided!

Free Food Distribution from 12:30 to 2 p.m.,

Saturdays, Sept. 4, 11, 18 and 25 at 161 Leland Ave.

Call (415) 586-6998 for sign-up location. No tickets, no food!

Free Legal Clinic with Attorney Kevin Pimentel

Every Fourth Thursday, 9 a.m.-4:30 p.m. at 50 Raymond Ave.

Immigration Issues * Family Law * Elderly Abuse

(415) 586-6998 Fax 586-8027